

Being always causes burnout.



Barriers between work and personal life are gone.

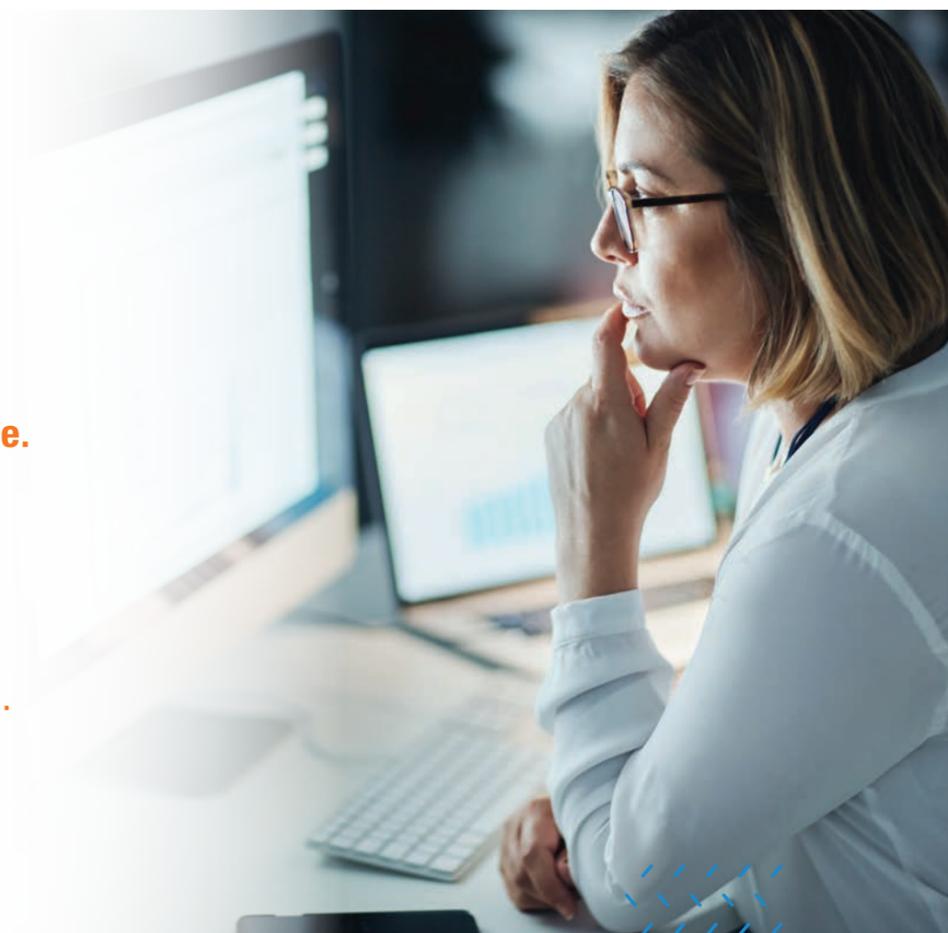
| Setting boundaries helps you achieve better balance.

Being always on is emotionally draining.

| Unplugging helps you recharge.

Unmanageable workloads demand you're always on.

| Asking for help can turn always-on, off.



**Let's learn to disconnect
so we can fully recharge.**

Find support at insights.ibx.com.